

Three Types of Salsa

Pineapple Salsa/Mango Peach Salsa/Roasted Tomato Salsa

(Courtesy Good Samaritan Hospital Medical Center)



Pineapple Salsa **Yields:** 10 servings **Serving Size:** 2 fl. oz.

This recipe is great for **Pork**

Ingredients:

- 10 oz. Pineapple (diced)
- 2 oz. Red onions (diced)
- 2 oz. Red pepper (diced)
- 1 tsp. Jalapenos (diced fine)
- 1 tsp. Cilantro (chopped)
- 2 fl. oz. Lime juice

Directions:

Peel and de-core pineapple, then dice and place in a large mixing bowl. Dice remaining onions, peppers and cucumbers, then place in bowl. Finely dice jalapeno's, then add to bowl. Remove cilantro leaves from stem, then chop and add to bowl. Drizzle in lime juice and mix thoroughly.



Mango Peach Salsa **Yields:** 10 servings **Serving Size:** 2 fl. oz.

This recipe is great for **Fish**

Ingredients:

- 4 each Mangoes
- 4 each Jicamas (diced)
- 4 each Peaches (diced)
- 3 each Red onions (diced)
- 3 each Red pepper (diced)
- 1 tbsp. Cilantro (chopped)
- 4 fl. oz. Lime juice

Directions:

Peel mangos & remove flesh, then dice and place in a large mixing bowl. Peel jicamas, then dice and add to bowl. Peel and de-core peaches, then dice and add to bowl. Dice remaining onions and peppers, then add to bowl. Remove cilantro leaves from stem, then chop and add to bowl. Drizzle in lime juice and mix thoroughly.



Roasted Tomato Salsa **Yields:** 10 servings **Serving Size:** 2 fl. oz.

This recipe is great for **Poultry**

Ingredients:

- 4 oz. (1 ea) Plum tomato
- 4 oz. (3 ears) Fresh corn
- 4 oz. Avocado (diced)
- 2 each Red onions (diced)
- 3 oz. Green pepper (diced)
- 3 fl. oz Balsamic vinaigrette
- 1 tbs. basil (chopped)

Directions:

Slice plum tomato into ¼ inch slices and place on a hot pan to char. Allow to cool, then dice and place in a large mixing bowl. Roast corn as desired then remove from cobb and add to bowl. Cut avocado in half, remove pit and remove skin. Dice avocado and remaining onions and peppers, then add to bowl. Remove basil leaves from stem, then chop and add to bowl. Drizzle in balsamic vinaigrette and mix thoroughly.